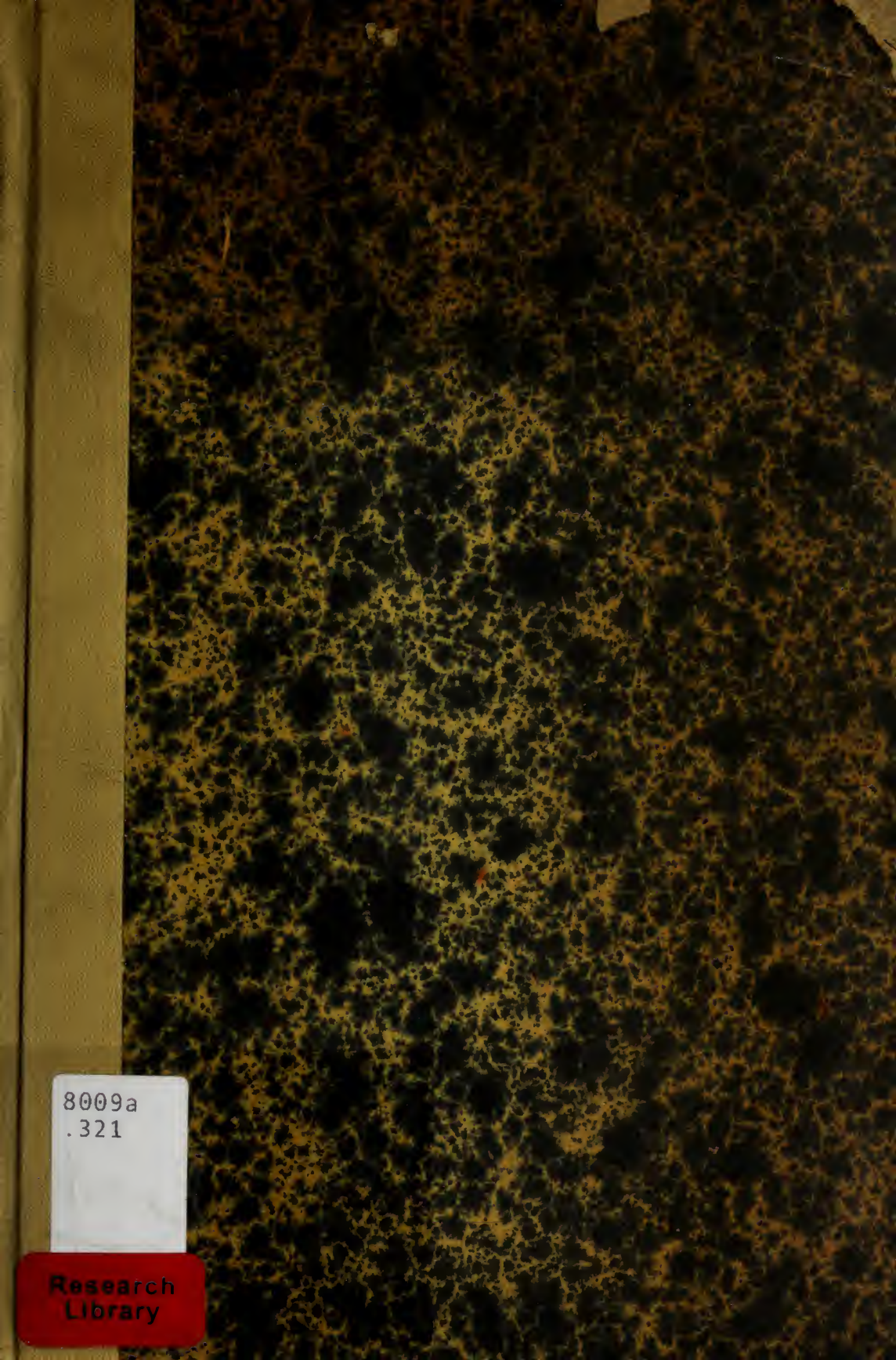
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Whetting Uncle Sam's Appetite for Lamb

National Wool Growers Association
Salt Lake City, Utah.

Weight, shape, color and quality should be the guides in buying lamb. These are easiest determined in the whole lamb or wholesale cuts, hence the desirability of seeing your shop or market fit.

The importance of weight has been greatly exaggerated as it was supposed to indicate age. The break bone pictured on page nine is a more reliable guide and the larger lamb is often of higher quality

Whetting Uncle Sam's Appetite *for* Lamb

LAMB AND SHEEP CONSUMPTION SMALL While Americans are a race of meat eaters, they use very little lamb and sheep. The average per capita consumption of these meats combined, in the United States, is only 5 lbs. per year against 7 lbs. of veal, 67 lbs. of beef and 71 lbs. of pork. However, any figure quoted as the average consumption is apt to be misleading, for we have not 100,000,000 people eating five pounds of this meat a year. If we had, there would be no need of urging a wider use of lamb, for once introduced, it sells itself. This is attested by the continued activity of the few large lamb markets of America, and the habitual use of the meat by people long accustomed to it, *i. e.*, the English, Greeks, and certain Latin races of southern Europe.

CONSUMERS SEGREGATED But instead of a widespread, general use of lamb, we have 25,000,000 people eating more than half our production and 75,000,000 content with the rest. The section of the country east of Pittsburgh and north of Washington contains about one-fourth of the people in the United States, yet over its market-counters passes perhaps seventy-five percent of the lamb sold in America. Possibly five percent of the crop is produced here—not more than that figure, surely. The West produces the lamb and New England and the East eat it. But even along the Atlantic coast only one-fifth as much lamb as beef is sold. Chicago and Los Angeles are exceptional Western cities having a material retail trade. The latter city uses as much lamb as all the other Coast cities combined. Chicago eats one-eighth as much lamb as beef. The Southerner orders beef twelve times to lamb once, the Middle-Westerner eats these meats in the ratio of twenty to one and the man from the Rocky Mountains and beyond, ten to one.

Quite often the city demand for lamb is of such small volume as to discourage the retailer carrying the meat at all. Such a condition still further inhibits demand, for if a customer is disappointed in not getting the meat when wanted, he soon forgets it altogether. Consequently, a new generation has grown up in the Middle-West that does not know lamb. There are a few cases where local butchers have stimulated a small, uncertain demand into one of considerable proportions. The Dreyfus Packing Company's trade at Lafayette, Ind., is a noteworthy example of this. Wholesale houses in certain cities have doubled their sales in one year by directing attention to lamb. There is an optimistic note in such cases.

Flock-owners are, however, in no position to complain because of the slack demand; they eat little if any more lamb proportionately than the urban population. Less than half a million sheep are slaughtered annually on the 600,000 American farms and ranches producing sheep, while a million calves, a million and a half beeves and fifteen million hogs are country-killed. When the light weight of the dressed lamb is taken into consideration, the indifference of the farmer to his flock as a source of superior meat becomes more apparent. Farm-killed lamb totals roughly, 20,000,000 pounds, veal 100,000,000 pounds, beef 700,000,000 pounds and pork 2,000,000,000 pounds.

Returning once more to general conditions, three percent of America's meat diet is lamb against twenty percent of Britain's. The English household has the meat once a week, while in this country once in three or four weeks is the rule.

HINDRANCES TO A BIGGER LAMB TRADE A lot of folks dislike lamb because somebody else told them so. They have never taken the trouble to look into the matter for themselves. If the sheep, like the cow, didn't have "How many skins" and one of these adhered to the pelt tighter than it does to the meat, the chances are lamb would be far more popular than it is today. This "fell," or thin papery membrane that surrounds the carcass has little or no food value and it should be removed before it is cooked. It is more objectionable in the older meat than in lamb. There is but one safe rule to follow with regard to it, *always remove it.*

Other people have been disappointed with their purchase because they did not get lamb at all when they ordered it, but old buck, ewe or even goat meat, none of which are as appetizing or in any way comparable to lamb. "Wool" has obscured vision as well as taste here. Recurrences of this can be prevented by patronizing honest butchers or by careful personal selection of the cuts ordered.

The saddles of lamb, long and short, are wholesale cuts and are usually divided into legs, loin and ribs before selling to the retail trade. The long saddle contains nine ribs.

Because lamb is handled so infrequently many butchers do not know how to cut and display it so that it will attract trade. It is a fragile meat and unskilled or unrestricted use of the cleaver ruin its once attractive appearance. The knife and the saw should be the main reliance of the beginner.

Light lamb trade sometimes results in the retailer holding the meat too long in poorly refrigerated ice boxes. Such a condition is bound to still further discourage trade. The meat should be moved rapidly once it is out of the cooler. Chops and cuts of lamb rapidly absorb odors; consequently, they should be kept in a clean, well ventilated, cool place until used. Failure to do this reacts unfavorably against the sale of the meat. A kind of a sweat sometimes collects upon

the mature meat, after it has been dressed for sometime. Wiping this off with a damp rag before cooking will greatly improve the flavor.

That any prejudice against lamb itself, properly prepared, is unjust is disclosed in the fact that it is the better educated and well-to-do people who most commonly use it. If it were below the more common meats in quality, these customers would be the first to discard it.

LAMB OR SHEEP Where the public has had an opportunity to express a preference between these two meats, it has been unmistakable in favor of lamb. It is more tender and the fat is not so strong as that of the older meat. About five pounds of lamb are consumed to one pound of the other meat.

LAMB SLAUGHTER NOT WASTEFUL Contrary to a widespread opinion, the consumption of lamb is not a wasteful practice. The younger animals make more rapid and economical gains, and the lamb crop ripens at weaning time, if pastures have provided an ample milk flow in the ewes, just as surely as corn ripens when the husks turn brown. If the lambs are held longer and the "bloom" or lamb-fat lost, it will be a long and expensive task to again put them in prime condition, and the chops and roasts they afford will not be as juicy or toothsome as those whose crisped surfaces have been irrigated by the savory rivulets of milk-fat.

The lamb boycott, started two years ago by misguided enthusiasts, which discouraged the eating of all lamb, was uneconomical, unwise, and unjust. Its malign influences still prevail. It did not differentiate between ewe and wether lambs and for wether lambs there is no profitable purpose other than food supply. The fleeces produced are insufficient to pay carrying charges and the added weight of yearlings or wethers over lambs is of such small poundage as to be largely, if not entirely offset by the decrease in value of the meat. Compelling the sheepman to increase his flock by forced retention of the lambs, rather than by the encouragement through profitable prices for wool and lambs, is a new idea in live stock administration. It has a parallel in the sporadic attempts of new-born lawmakers to make the dairy farmer grow his veal calves to "prime" beeves and it deserves just as much consideration. A strong, steady demand for lamb will do more to develop the sheep industry than any other one thing.

When the short saddle (containing one rib) is cut from the carcass the remain[illegible] is the "Market rack" or fore[illegible] Short saddle is really [illegible] hind quarters.

LAMB EATING PATRIOTIC The importance of home production of wool, to the measure of consumption, as a matter of national security, was the principle underlying past tariff laws, protecting wool growers. A more general use of lamb would prove a stimulating influence to flock owners and would help to make possible an American

One way of cutting a lamb—long saddle ... All of the high priced cuts ... saddle—all the inexpensive ... the rattle.

flock clipping sufficient wool for the Nation's needs. As has been pointed out there is in the present economy of the sheep business, small space for wethers, comparatively little of their meat being used, consequently breeding ewes must continue to furnish the major portion of our wool clip. By buying lamb you are not only supplying your table with the most delicious meat at a reasonable price, but you are showing your patriotism by helping an industry of national importance. America will never grow the 600,000,000 pounds of wool she uses each year; just twice that produced, unless the lamb eating populace is doubled.

SELLING THE PUBLIC ON LAMB Among all our meat producing animals, there is none cleaner than the lamb. It feeds daintily, here a nibble and there another, picking out the choicest herbage. Compare it—no, contrast it in this respect—with other meat producing animals.

MOST HEALTHFUL OF MEATS The lamb stands alone he emblem of purity; consequently, its meat is not excluded from the dietary of any large group of people upon religious grounds. And it produces a meat in keeping with its best traditions too, *fewer lambs are condemned under Government inspection than any other class of meat animals.* In fact, the loss is so small as to be negligible. When you consider *that sheep are susceptible to no communicable disease*, more light is thrown upon the subject of the healthfulness, of the meat. Furthermore, lamb con'a'ns less of those substances known as purins, which have a tendency to prcduce gout and rheumatism, than other meats.

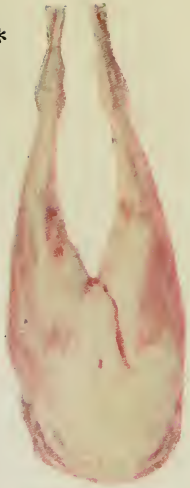
HIGH IN FOOD VALUES Analysis tell us that sheep meat is higher in energy value than beef, representative figure being 1645 and 1500 calories per pound and that lamb is practically equal to beef.

Lamb contains less water, more fat, an essentially equal amount of digestible protein and but slightly more refuse than beef. The following composition table is given as being typical.

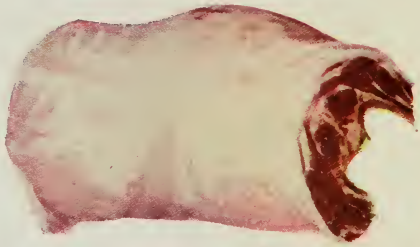
Average Composition of Meats*

	REFUSE	WATER	PROTEIN	FAT	FUEL VALUE
LAMB	%	%	%	%	Calories
Breast	19.1	45.5	15.4	19.1	1,075
Leg	17.4	52.9	15.9	13.6	860
VEAL					
Fore Quarter	24.5	54.2	15.1	6.0	535
Hind Quarter	20.7	56.2	16.2	6.6	580
SHEEP					
Fore Quarter	21.2	41.6	12.3	24.5	1,235
Hind Quarter	17.2	45.4	13.8	23.2	1,210
BEEF					
Fore Quarter	18.7	49.1	14.5	17.5	995
Hind Quarter	15.7	50.4	15.4	18.3	1,045
PORK					
Ham	10.7	48	13.5	25.9	1,320
Shoulder	12.4	44.9	12	29.8	1,450

*Farmer's Bulletin 142.



VERY DIGESTIBLE AND PALATABLE Lamb is *highly digestible, very palatable* and *nutritious*, when properly prepared. Because of its high digestibility and general strength building qualities, it forms a prominent part in invalids' and convalescents' diet, especially in the form of broths.



Cutting in three pieces — the legs, back and rattle. The back may be cut once more into the loin and "hotel rack," or ribs.

CHOPS AND ROASTS MORE TENDER AND TASTY The introduction of English blood into our flocks, and the increased amount of attention given to the meat end of the sheep have markedly improved the quality of chops and roasts. Instead of the wrinkly, spare-fleshed, all-wool sheep of a century ago, with its oily carcass and cat-hamed legs we now have a meat and wool type with meat often representing the heavier end of the combination. *American lamb of prime quality is consequently second to none today.*

GIVES VARIETY TO YOUR MEAT DIET Lamb chops or roast lamb gives tone and variety to the meat diet. When tired of beef and pork, the heavier meats you buy without thinking, from force of habit, try a leg or rolled shoulder of lamb. It is surprising what a welcome change it will afford, and you will not tire of it as quickly as from the more common meats.

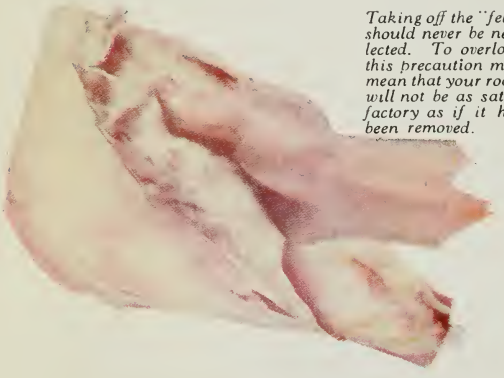
SIZE OF CUTS HANDY Lamb grows in conveniently sized units. A leg or shoulder makes a roast of household dimensions. The other main cuts are likewise of handy size. A quarter or half can often be utilized by an average sized family—with a resulting saving in the price per pound.

PRICES REASONABLE A price inducement should not be necessary to persuade more people to eat lamb, but such a one often exists. Discriminating buyers say that, taking it the year around, lamb is cheaper than a corresponding grade of beef. Some purchasers use lamb only when it is cheap. There is no reason why it should not sell on a parity with similar meats. Indeed, it should rightly be higher than some to which it is compared.

UNAPPRECIATED VALUES IN THE FORE QUARTER Consumers are slower to buy the fore quarter than the leg and loin, though it commonly wholesales at about ten cents a pound less, retail prices showing about the same difference. But there is likely to be more variation from shop to shop. On some markets at certain times of the year, "chucks" sell nearly as freely as hind quarters. At other times, they must be frozen in large quantities, there being no demand at all. The sale of other cuts also varies greatly with the season and the locality. As a rule, the chucks sell best in the winter or early spring when lamb stew is popular. Because of these vagaries of the trade the packers have come to cutting lamb carcasses more and more in order that the retailer can buy just what he needs. The common impression is that the shoulder contains much more bone than the leg, and that it is suitable only for inferior chops or stews. The flat blade seems much larger, but it is spongy and the refuse of the fore quarter is only about three percent greater by weight than that of the hind, as shown in the following analysis:

Composition of Fore and Hind Quarter of Lamb

	(Refuse) (Bones) (Skin) (etc.)	Water	Edible Portion Nutrients Total	Protein	Fat	Mineral	(Potential) (Energy in) (1 lb.)
Fore Quarter	18.8%	44.7%	36.5%	14.7%	21.0%	.8%	1,160 Calories
Hind Quarter	15.7	51.3	33	16	16.1	.9	975 "

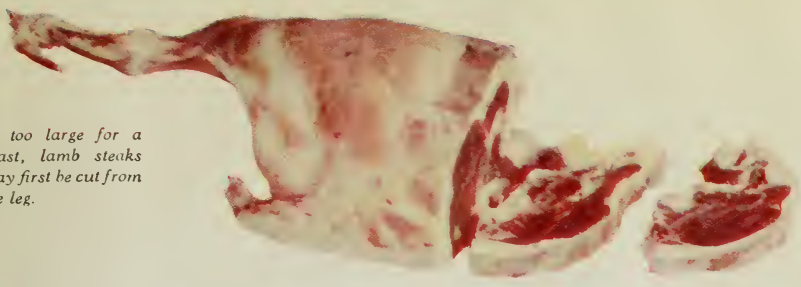


Taking off the "fell" should never be neglected. To overlook this precaution may mean that your roast will not be as satisfactory as if it has been removed.

The fore quarter contains less water, its edible portion has a higher percentage of total nutrients and its energy value is appreciably higher. It is equally digestible.

ROLLED SHOULDERS By lifting the shoulder blade and removing the ribs, neck vertebrae and connective tissue, an excellent roast can be made of the shoulder; the thin portions being laid inside and the whole rolled and tied with string or skewered with short pegs about one inch apart. When skewered, any size roast can be made, or Saratoga Chops can be cut from it. A rolled roast of the above kind may not be quite as tender as the leg, but it has more flavor because of the greater amounts of extractives contained. In New England retailers have long disposed of the shoulder after this fashion, and many persons connected with the lamb trade prefer this roast to any other because of its unusual swee ness. Your butcher can prepare you such a roast, if he cannot procure it already boned and rolled from the wholesale meat markets. A very satisfactory roast is also made by removing the blade and cutting the vertebrae at the joints to facilitate carving. The shoulder proper may be lifted from the ribs, boned and stuffed, thus making a roast not unlike a leg of lamb, though somewhat smaller.

By boning out the cheaper cuts and grinding them into lamb patties, a Chicago butcher was able to interest his customers in lamb and widen his trade. He has more demand for the "patties" than he can fill. Another use of the shoulder is for "mock duck."



If too large for a roast, lamb steaks may first be cut from the leg.

Discriminating Marketing

The best way to get lamb-satisfaction is to select the chops or roasts yourself. Lamb improves by ripening and is more palatable after a week's or ten days' ageing in the cooler. Ordinarily, this length of time will elapse before the meat is offered for sale by the retailer. While chilling the meat ripens it, freezing reduces its quality; the amount of deterioration depending, somewhat, upon the length of time it is held in storage.

The four corners of the good-lamb platform by which the purchaser should be more or less guided are: weight, shape, color, and quality. *Weight:* Market-men all agree that a 36-38 pound lamb (dressed) is most desirable from a retailer's standpoint, and exclusive hotel trade prefers a 32 pound lamb. The talk has been that cuts from the 36 pound lamb were a handy size for the average family, hence the greater demand and the higher price. By getting a small lamb the impression has grown that the trade was also getting a young one, a "genuine springer," producing especially tender and juicy chops. Nothing could be farther from the truth in most cases. The larger lamb has grown faster than the smaller one, which very likely was a "bum," and the chops and roasts he produces are better in every way. The fact that the hotels and restaurants buy lamb by the pound and sell it by the chop may have had considerable influence in establishing the unjust supremacy of the lighter lamb.

Shape: A blocky, well-rounded-out carcass cuts to greater advantage, producing proportionately less waste. Chops and roasts from such are of higher quality than from narrow, cat-hamed lambs.

Allied fashions are all the go now. Here we have "American" and "French" trimmed leg-o-lamb.

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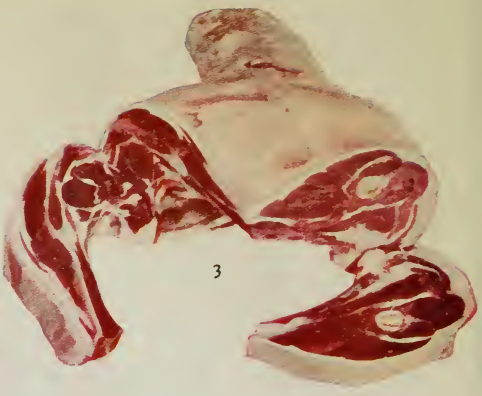

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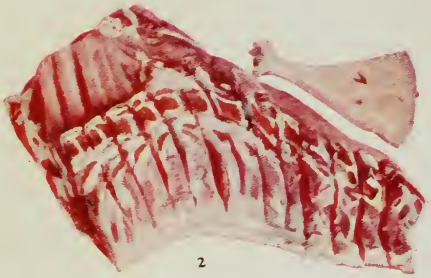

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Skillful preparation of the shoulder, which commonly sells for ten cents a pound less than the leg and loin makes it the equivalent of these cuts as a roasting piece.

1. Shoulder cut a convenient size for boning and rolling.

2. Shoulder roast, with blade removed and vertebrae cracked to facilitate carving.

3. Shoulder chops, cut either way—one method of reducing the roast to desired dimension.

Color: In mature meat the color should be a deep red, in lambs a lighter shade, with no tendency towards darkness. The fat, which should be half an inch in thickness for lamb and an inch for sheep over the outside, should be white and clear.

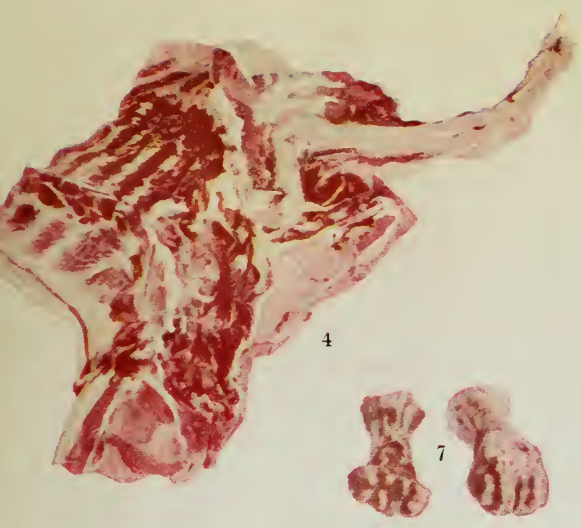
Quality: The lean meat should be firm, finely grained, succulent and juicy. The fat should be well distributed, hard, brittle and flaky in character. The lean portion should contain a fair percentage of fat in its tissue in addition to the layer that surrounds it. The right distribution of fat is important, though not so much so as in beef, since it affects flavor as well as quality.

Break Joint: Between lamb and more mature sheep, the break joint is the common mark of distinction. This joint on the fore legs just above the ankle disappears with age. In dressing lambs the bone is broken at this joint and the result is a jagged uneven end. The ankle joint, broken in older sheep, has rounded knob-like processes easily distinguished from the break joint. Where the bones of a lamb are cut, they should be porous and full of blood, while in mature sheep they are dense and clear. The ribs of the lamb are redder too, than those of older sheep, and they are quite flexible.

Guarding Against Buck and Old Ewe Meat

Sometimes the inferior meats are substituted for lamb. Buck carcasses have thick, oily skins, big bones and dark, coarse grained flesh. The neck and shoulders are big and there may be much fat on the neck. The wool taint is often so pronounced that it becomes an odor. Old ewe meat is very dark red. It is likely to be excessively fat and coarse grained.

Goat meat, as mentioned before, is sometimes substituted for lamb where it is abundant. Its flesh is darker and it is rather coarse grained. The bones are heavier and the shanks longer. The flesh has a peculiar flavor and it is tough and stringy. However, when skillfully dressed, young goat carcasses look much like lamb.



4. In the process of boning—the leg bones laid bare.

5. Neck vertebrae and ribs removed from the shoulder.

6. Boned and rolled shoulder roast—Saratoga chop. Thus prepared the shoulder supplies a sweeter and more tasty roast than the leg.

7. Left—"break bone," just above the ankle in lambs; right—ankle joint of older sheep. A better test of age than size.

The Wholesale Cuts of Lamb

THE LONG SADDLE The long saddle contains the legs, loin and nine ribs, all the choicest parts of the lamb. It is often fancifully dressed for holiday trade. It represents approximately 65% of the entire weight of the lamb.

THE SHORT SADDLE This is made up of the legs, loin (one rib) and flanks—50% of the lamb. The loin and Hotel Rack form the *Back* (10 ribs), frequently, used for hotel roasts. The back contains 35% of the lamb.

MARKET RACKS The entire fore quarters, ribs, breast, shank, shoulder and neck, or half the carcass, make what is sometimes called Market Racks (12 ribs); with the Hotel Rack (9 ribs) cut off they are known as the "Rattle," or "Chuck." This is by weight 35% of the lamb and contains 3 ribs.

THE LEG OF LAMB The legs, representing 30%, cut off where the spinal column bends upward, contain the smallest percentage of waste of any of the cuts. It is used either for roasting or boiling. Part of the leg, the thicker portion, is sometimes cut off for steaks. When this is done, it is better to steam than boil the remaining portion, for more of the juice is retained. A single leg may also be regarded as a retail cut.

THE LOIN The true loin, 20%, extends only as far as the small bones of the spine, but as commonly cut includes one rib besides the tenderloin and a small amount of comparatively tough meat from the flank. But as the percentage of tough meat is small, the loin is suitable for cooking by the quicker methods—roasting, frying, pan-broiling, or broiling. It requires little trimming. Sometimes, the flank is wrapped around the loin and skewered into place to make a more shapely piece of meat. In Boston, "loin of lamb" contains five ribs in addition to the true loin. The loin is sold either wholesale or retail.

Unless previously boned, when used as a roast, the back bone should be cut in a number of places to facilitate carving. The lean meat should be cut as little as possible, in doing this.

Cut into chops, a loin affords from eight to ten, about one inch wide. If more are made, the hip bone will be cut or the chops will be too thin. They should never be less than three-quarters of an inch thick. The best chops come from the center of the loin.

The quality of the "Hotel Rack" is quite largely determined by the size of the "eye" in the chops cut therefrom.

THE HOTEL RACK

The hotel rack, 15%, contains beside the tender loin, a small amount of tough meat lying parallel to the bone. The percentage of bone is rather high and taken all in all, this is the most expensive cut of lamb. This cut is used either as a plain roast, a crown roast or is cut up into chops.

For a plain roast, it should be split down the back, the vertebrae should be cut through and the ribs should be sawed through once. The ends of the ribs should be cut off for stew.

To make a crown roast the backbone is carefully removed, the flesh is rolled back from the lower ends of the ribs, the ribs bent backwards and sewed together in the form of a crown. Six prime ribs from each side make a small crown and eight a large one.

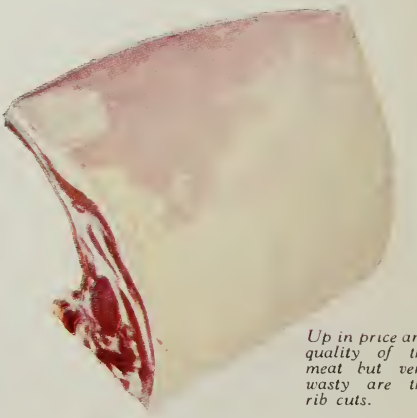
The six ribs nearest the loin are the prime part of the fore quarter, consequently make the best chops. Extra thick chops are made by cutting two ribs together, then taking one out afterwards, leaving a double portion of tenderloin. By trimming away the tough meat well along the rib, the butcher makes "French" chops.

THE SHOULDER

The shoulder is used either for a roast or for chops. For either purpose, it had best be boned and rolled as described on page six. The neck, shank and breast may be boned out, the connective tissue removed from the neck and the whole rolled into a "shoulder" roast. Or the neck and shank may be used for broth, for which purpose they are unexcelled. The breast may be used separately for a roast, or braised. It is most frequently used for stew. The neck cut crosswise makes good stew pieces.

FOOD BY-PRODUCTS OF LAMB

The following by - products of lamb are commonly used as food: Head, brains, "fries," hearts, liver, kidneys, tongue, and tails.



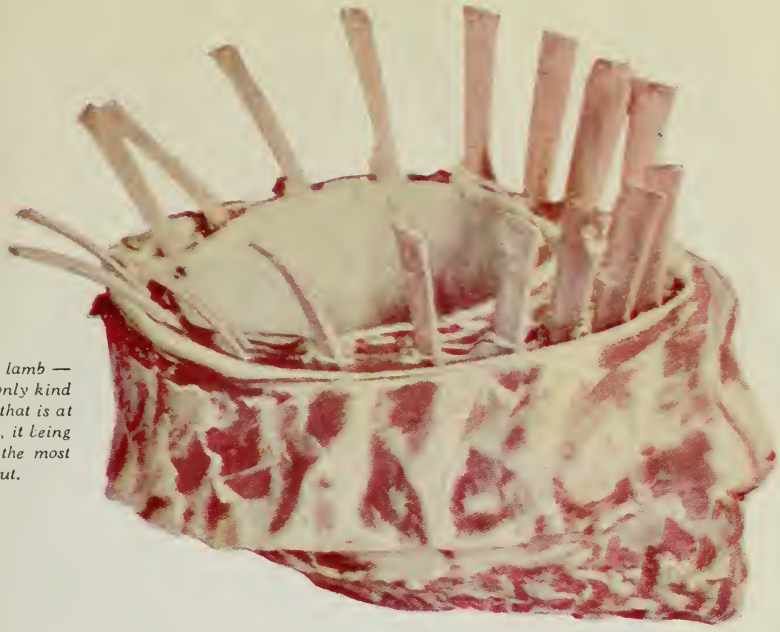
Up in price and quality of the meat but very wasty are the rib cuts.

Methods *of* Cooking

Incorrect cooking is a prime cause of limited lamb demand. This detail of preparation is of as much importance as removing the fell. The following methods are recommended.

ROASTING

As the meat is subjected to a dry heat in roasting great precaution must be taken to prevent the escape of juices. The oven should be very hot until the meat is thoroughly seared



Crown of lamb — About the only kind of a crown that is at a premium, it being made from the most expensive cut.

then the temperature should be reduced and the fat which drips from the meat should frequently be poured over the surface. The leg, loin, ribs and shoulder are all suitable roasting pieces.

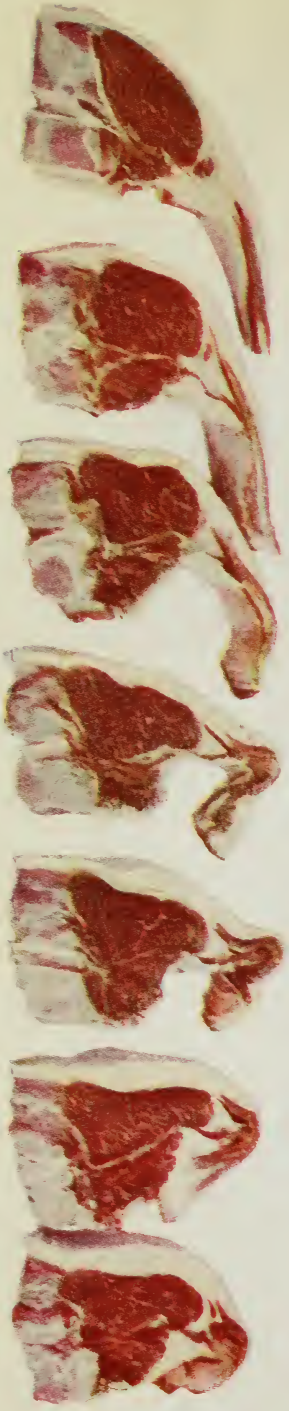
BRAISING Braising consists in cooking in a closely covered earthen-ware dish in the oven. A casserole is generally used, but any heavy dish supplied with close fitting cover will serve the purpose. Less water is necessary than in boiling and the broth is therefore richer. The breast is frequently prepared this way.

BROILING Broiling is performed over a clear fire and only relatively thin (not over two inches) pieces of meat are suitable. The searing of the surfaces, which should be done quickly, is sufficient for retaining the juices. If there is little fat on the meat the surface should be covered with butter or other fats. Turn the meat frequently and do not cut to see whether it is done for this allows the escape of the juices. Much the same results can be obtained by pan-broiling—cooking in a hot pan lightly greased. Rib and loin chops are commonly broiled.

FRYING Frying in deep fat imparts a distinct flavor to the meat. It is a common custom to dip the meat in egg and fine crumbs before immersing in fat. Cutlets and chops are prepared this way.

High in quality, low in waste and medium in price is the combination found in the loin.

BOILING Boiling consists in cooking in water enough to cover. The best results are obtained from using large pieces of meat for by so doing less of the flavoring matter is lost. A common impression has it that the meat should be immersed in boiling water to seal in the juices, but there seems to be no data bearing out this belief. Searing the surface tends to increase the soluble materials in the meat. Only the cheaper cuts are commonly boiled.



If there is one thing better than loin-of-lamb it is loin chops.

STEAMING Small pieces of lamb may be very satisfactorily prepared by covering with powdered or finely chopped seasoning and steaming. It is sometimes steamed without seasoning.

FIRELESS COOKER The advantage of cooking with a fireless cooker is that it is not necessary to watch the meat. When cooking a leg of lamb by this process three or four quarts of water should be used and the meat boiled for half an hour before being placed in the cooker and should be cooked five or six or more hours afterwards.

SOUPS AND BROTHS In making soups and broths the purpose is to get as much as possible of the flavoring bodies and nutritive material in solution or suspension in the water. The meat should be divided into small pieces and the temperature should be kept low. The scum is sometimes removed for esthetic purposes, but to do so lowers the nutritive value of the broth. However, if the meat is not fresh the scum should be removed. The cheaper cuts because of their high extractive content are best suited for soups and broths.

STEWING Several plans may be followed in stewing. The meat may be cut into small pieces and cooked in water or it may be first browned in fat. Another way is to mince the meat, cook it in a little of the fat and then combine with vegetables.
The time required for cooking is given below. Lamb does not require so long as the older meat for it is more tender.

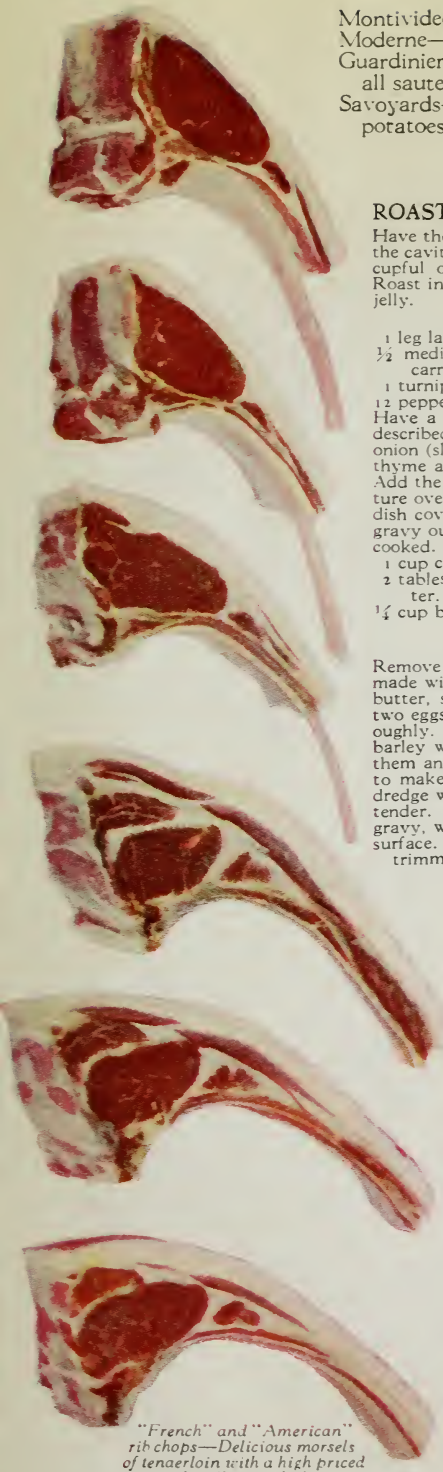
Length of Time Required to Cook Sheep and Lamb

BOILING:
Sheep per lb. ..... 15 min.

BAKING:
Sheep leg, rare, per lb. ..... 10 min.
Sheep leg, well done, per lb. ..... 15 min.
Sheep loin, rare, per lb. ..... 8 min.
Sheep shoulder, stuffed, per lb. ..... 15 min.
Sheep saddle, rare, per lb. ..... 9 min.
Lamb, well done, per lb. ..... 15 min.

BROILING:
Chops, French ..... 8 min.
Chops, English ..... 10 min.

The meat should be served either hot or cold. "*Half cold lamb makes a luke-warm enthusiast.*" The melting point of lamb fat is high. If hot, the fat is melted; if cold, solidified; if half way between, it is pasty and leaves a furry taste.
The selection of condiments and sauces served with lamb requires discretion. The fat needs an acid to add flavor. Mint sauce commonly goes with roasted lamb and currant jelly with the mature roasts. Caper sauce and spiced fruits are also served with the older meat. The vegetables served with lamb may add to or detract from its tastiness. The following are served by the Auditorium Hotel (Chicago), Chef, Frank Perrine, with braised leg of lamb of different styles:
Nicoise—Fried tomatoes and string beans.
Nevernaise—Carrots, turnips, onions all glace with cauliflower.
Belmont—Stuffed tomatoes, new asparagus tips.
Florentine—Fine chopped spinach in cream.
Bretone—Fine chopped onion, 1 piece garlic all saute.



"French" and "American" rib chops—Delicious morsels of tenaerloin with a high priced handle attached.

Montivideo—Plain spinach, hard boiled egg.
Moderne—Stuffed cabbage.
Guardiniere—Carrots, turnips, string beans, fine peas, all saute. Serve on side.
Savoyards—Fried egg plant, small onion glace. Risole potatoes.

*Special Recipes

ROAST LEG OF LAMB—WITH MUSHROOMS

Have the butcher remove the bone from a leg of lamb, stuff the cavity with fresh mushrooms, chopped and mixed with a cupful of buttered crumbs and 3 tablespoons of cream. Roast in a hot oven and serve with caper sauce and currant jelly.

BRAISED LEG OF LAMB

1 leg lamb.
½ medium sized onion, 1 carrot.
1 turnip, ½ bay leaf
12 peppercorns.
1 sprig each thyme and parsley
¼ cup drippings or butter.
1½ teaspoon salt
3 cups hot water.

Have a leg of lamb boned Wipe, stuff with the mixture described below, sew and place in a deep pan. Cook the onion (sliced), the carrot and turnip (cut into dice), bay leaf, thyme and parsley five minutes in the butter or drippings. Add the hot water, salt and peppercorns, and pour the mixture over the meat. Cook slowly for three hours, with the dish covered except for the last half hour. Make a brown gravy out of the strained broth in which the meat has been cooked. The stuffing for the braised leg is made as follows:

1 cup cracker crumbs.
2 tablespoons melted butter.
¼ cup boiling water.
⅛ teaspoon pepper, ¼ teaspoon salt
¼ teaspoon poultry seasoning.

ROAST SHOULDER OF LAMB

Remove the bone and fill the space with a moist stuffing made with grated stale bread crumbs, highly seasoned with butter, salt, pepper, and thyme. Add the yolk of one or two eggs and enough warm water to soften the bread thoroughly. Put the bones and scraps of meat in a kettle with barley water enough to cover, lay the stuffed shoulder on them and let the whole simmer gently for an hour or more to make it tender Lift onto the rack in a roasting-pan, dredge with salt, pepper and flour and bake an hour or till tender. Use the water in the kettle for basting and for gravy, with a little butter and flour at the last to froth the surface. Garnish with forcemeat balls made from its own trimmings.

CROWN ROAST OF LAMB

Sprinkle the meat with salt and pepper, place upon a rack in the baking pan, and dredge with flour. Bake in a hot oven (400 degrees), but do most of the cooking at 300 degrees, if cooked for one and one-quarter hours. This roast is often served filled with mashed potatoes or new peas.

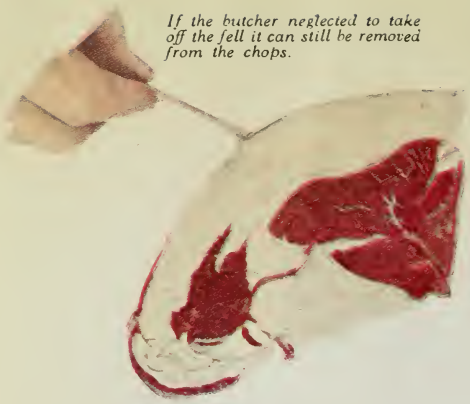
BREAST OF LAMB

Put the breast in a pan containing just enough water to cover it, salt and simmer it until the bones break from the flesh. Draw the bones out and spread a forcemeat of crumbs, egg thyme, sage and butter over the breast. Season with tomato catsup or sauce. Place in oven until brown and serve on a bed of steamed spinach, or, if you use onions, with a garnish of them.

BROILED LOIN CHOPS

Roll the flank about the tenderloin, fastening it with skewers. Place on a broiler greased with some of the lamb fat. Cook from six to eight minutes, turning frequently during the first part of the time. A sauce of butter, to which a little lemon juice and chopped parsley have been added, is sometimes rubbed over the chops. Lemon juice and parsley only may be used, or the chops may be served on thin slices of lemon. Onion sauce is by some people considered a great delicacy for serving with broiled chops.

*The special recipes were taken from Farmer's Bulletin 526 and other authoritative sources



If the butcher neglected to take off the fell it can still be removed from the chops.

CURRIED LAMB

1 ½ lbs. lean meat from middle neck or leg of lamb.
1 tablespoon curry powder, salt
1 tablespoon tomato sauce.
1 teaspoon curry paste.
1 ½ oz butter or drippings.
¾ oz. flour, juice of ½ lemon.
2 small onions, ½ sour apple.
1 teaspoon chutney, 6 oz. Patna Rice.
¾ pint stock or water.

Finely mince the onion and apple. Heat the dripping and fry the onion, remove it, reheat the fat and brown the pieces of meat. Return the onion to the pan. Mix together the flour, curry paste and curry powder and sprinkle them with the lemon juice over the meat. Cover the pan and cook the curry very gently for 10 minutes to develop the flavors. Shake the pan from time to time to keep from burning. Add the stock gradually, mixing it smoothly. Put in the apple, tomato, chutney and salt, and simmer gently 2 to 2 ½ hours, covering the pan closely. Shortly before the curry is to be dished, boil the rice and arrange in a border around the curry.

LAMB STEAK

Dip lamb steak in eggs, and then in biscuit or bread crumbs and fry until it is brown.

RAGOUT OF LAMB

Cut into dice one pint of cold roasted or boiled lamb. If boiled, dredge it with flour and brown in butter. Add one small onion cut fine, half a cup of diced turnip, and one-fourth cup of grated carrot. Salt and pepper to taste. Cover with boiling water and simmer till tender. Put the bones and trimming into another stewpan, cover with cold water, and let them simmer until the liquor is reduced one-half, then strain it and add the liquor to the ragout. When the meat is tender remove the fat, add a tablespoon of brown sauce and a teaspoon of Worcestershire sauce or two tablespoons of wine or half a cup of currant jelly.

SCOTCH BROTH

2 lbs. lamb, 1 ½ quarts of water.
2 onions, 1 turnip.
2 tablespoons flour.
4 stalks of celery, 1 carrot.
2 tablespoons butter.
Salt.

Remove the meat from the bone and cut into small pieces; tie the bones in a small bag; and cook in the same water in which the meat is cooked. Cut the vegetables into small pieces; cook slowly in the stock for two hours. Rub the flour and butter together and add to them a little of the hot broth. Stir until smooth, then add to the broth

LAMB IN CASSEROLE

Wipe the meat with a damp cloth—cut it in uniform pieces, and roll in seasoned flour. Brown part of the meat in hot drippings, then place all the meat in a casserole (or kettle if it is to be cooked on the range instead of in the oven). Add carrots, onion and parsley, and cover with cold water if a rich broth is desired. Cook very slowly until the meat is quite tender. Remove the

FRIED RIB CHOPS

Wipe the chops and salt them on both sides, dip them in flour, and then in a mixture of egg and water in the proportion of one egg to two tablespoons of water and finally in fine cracker crumbs. Fry in deep fat at a temperature suitable for foods that have not been already cooked, which is about 350° F. Serve around a mound of peas.

PLANKED ENGLISH CHOPS

Have the chops from the kidney end of a saddle of lamb, cut completely across saddle and about 2 inches thick. Saw through the back bone, but do not cut through the skin. Roll up the flank on each side of this chop with a kidney in center of each roll. Broil under gas flame or bake in hot oven for twenty minutes. Make a border of mashed potato on a small plank and brown in the oven. Place the cooked chop on the plank and garnish with spinach timbales and small new cooked carrots, ends of which have been dipped in chopped parsley.

STUFFED LAMB CHOPS WITH SPINACH

Lamb chops.
1 cup stale bread-crumbs.
1 quart fresh spinach.
2 tablespoons minced parsley, ½ cup milk
1 tablespoon butter—salt and pepper

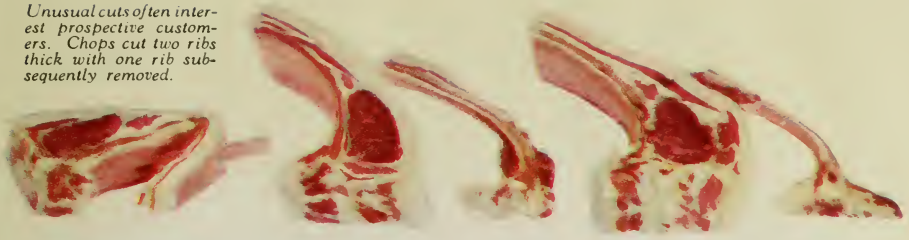
Soak the bread-crumbs in the milk and add the spinach (drained and chopped) after it has been boiled until tender in slightly salted water. Add the minced parsley and other seasoning to taste Trim off the chops and make a pocket in each chop close to the bone and stuff with the above mixture. Place the chops in a baking-pan or dish and bake until tender, basting frequently The chops should be sprinkled with salt and pepper when about half done, and a little butter added if there is not enough fat around them.

OVEN POT ROAST

3 pounds meat from the shoulder.
1 cup potatoes cut in small pieces.
2 tablespoons flour.
¼ cup sliced onion, salt to taste
1 cup carrots cut in small pieces.

Put the meat into an earthenware bean pot and cover with boiling water Place the cover on the pot and let the meat cook in a moderate oven for two hours. Add the vegetables and the salt, cover again, and cook for one hour. Reduce the liquid in which the meat and vegetables have been cooked to one cup and thicken with the flour.

The neck is exceptionally good for broths and stews because of the extractives present. If neatly sawed in sections three-quarters of an inch thick it will sell better and look better too, even if it goes into stew.



Unusual cuts often interest prospective customers. Chops cut two ribs thick with one rib subsequently removed.

bone which will slip easily from the meat when the cooking is finished. Drain the liquid off and thicken with flour. Pour the sauce back over the meat and serve piping hot. Dumplings may be added or potatoes put in with the meat when it is partly cooked.

FRICASSE OF LAMB

Cut two pounds of lean lamb into small cubes, dredge with flour and brown in a frying pan using a little suet to keep it from burning. Place in kettle and add just water enough to cover. Boil for 10 minutes and place in *Cooker* for 6 hours. Thicken with one-half cupful of browned flour mixed with cold water, season to taste and serve on toast.

LAMB CROQUETTES

Four pounds of cold cooked lamb and two cupfuls of cooked rice (fresh boiled and still hot when mixed with the lamb), one teacupful of suet chopped fine; two sprigs of parsley, chopped; one nutmeg grated; an even tablespoonful of onion, after it is chopped as fine as possible; the juice and grated rind of one lemon; salt and black and red pepper, to taste. Chop the meat very fine; mix all well together; add cream until it is quite moist, or just right for molding. Mold them in the form of pears; dip them into beaten egg, and roll them in pounded cracker or bread crumbs; fry in boiling hot lard. A little stem of parsley may be stuck into each pear after it is cooked, to represent the stem.

IMITATION BARBECUE OF LAMB

Roast the lamb as usual, but about one hour before it is ready to serve, prepare the following mixture:

One-third cup each of Worcestershire sauce, tomato catsup, and vinegar, salt and pepper to taste, one rounded teaspoon mustard. Stick the meat all over with a sharp pointed knife, pulling the gash open and filling with the mixture just prepared. If any is left over pour it on the roast when it comes to the table.

BROILED KIDNEYS

Cut the kidneys into halves, remove the white tubes and cover with cold water for thirty minutes; drain and dry on a piece of cheesecloth; brush with or dip in cooking oil. Place in a broiler and broil slowly until nice and brown on both sides; remove from the broiler and put in pan; sprinkle with salt, pepper and a little melted butter. Cover the pan and set over a slow fire for a few minutes. Serve garnished with slices of lemon and springs of parsley.

LAMB'S TONGUE

6 lambs' tongues.
2 carrots cut into small pieces.
1 large onion cut into small pieces.
3 small cucumber pickles.
2 slices bacon, ¼ cup capers.
1 pint boiling water.
Salt and pepper.

Scald and blanch the tongues, removing the skins and then throw the tongues into water until ready to use. Cut a slice of bacon into fine strips and lay them in the bottom of a saucepan; place over this the lamb tongues, season with salt and pepper, and over the tongues another layer of bacon in very fine strips. Add the minced carrots and onion; salt and pepper again to taste and let the tongues simmer for about 15 minutes, and then moisten with about a pint of boiling water or broth. Cook slowly about three hours. Then take out the tongues, place them on a hot dish, strain the sauce, reheat, and add one-fourth cup of capers and three small cucumber pickles, sliced thin. Stir well and let the sauce boil up once. Pour over the tongues and serve.

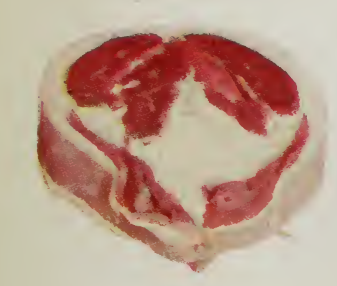
LAMB'S HEART SMOTHERED IN ONIONS

3 lambs' hearts, bay leaf.
2 teaspoons salt, ¼ cup flour.
3 tablespoons drippings.
1 teaspoon celery salt, 3 cloves.
⅛ teaspoon pepper, water.
8 medium sized onions.

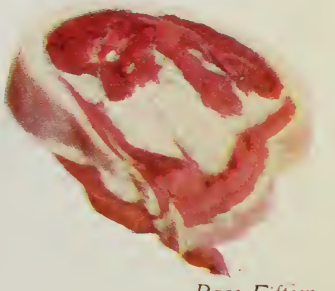
Clean hearts thoroughly and cut crosswise in inch slices. Sprinkle with salt and pepper and roll in flour. Melt drippings, add onions sliced, and hearts, and brown. Add seasoning, rest of flour and boiling water to cover. Cover closely and simmer for one hour. Lift meat and onions carefully onto a hot platter, thicken gravy and pour over the meat. Keep meat half covered with water while it is cooking. Serve on rice border.

LAMB'S LIVER—LONG BEACH

Soak liver in cold water, then wipe dry and cut into slices about one-fourth of an inch thick. Mix into two tablespoonfuls of flour a teaspoonful of salt and a little pepper; dip slices of liver into it; cut half pound of bacon into thin slices and fry in frying pan. Have ready a hot dish, put bacon on it; fry slices of liver in bacon fat, when cooked, place in the center of hot platter with bacon arranged around. Put into pan a tablespoonful of flour, stir until brown, then add a cup of water, cook a few minutes and then pour it over the liver. Garnish the top of liver with an onion cut into wheels and sprigs of green parsley.



Lew Young of Pollack Bros.' Market, Union Stock Yards, Chicago, removes the vertebrae from English (extra thick) loin chops and sews kidneys in their place.



LAMB'S SWEETBREADS

Two or three sweetbreads, one-half pint of stock, white pepper and salt to taste, a small bunch of green onions, one blade of pounded mace, thickening of butter and flour, two eggs, nearly one pint of cream, one teaspoonful of minced parsley, a very little grated nutmeg. Soak the sweetbreads in lukewarm water, and put them into a saucepan with sufficient boiling water to cover, and let simmer for ten minutes; then take them out and put into cold water. Now lard them, lay them in a stewpan, add the stock, seasoning, onions, mace, and a thickening of butter and flour, and stew gently for one-quarter of an hour or 20 minutes. Beat up the eggs with the cream, to which add the minced parsley and very little grated nutmeg. Put this to the other ingredients; stir it quite hot, but do not let it boil after the cream is added, or it will curdle. Have ready some asparagus tops, boiled; add these to the sweetbreads and serve.

When not used in connection with the shoulder for "mock duck" the shank goes into stew.

BRAIN RISSOLES

2 cups brains.
¾ teaspoon salt.
2 tablespoons chopped green peppers.
½ cup thick white sauce.

Put brains into a bowl of cold water with salt for thirty minutes; skin and remove fiber; chop or put through a meat grinder, add seasoning and white sauce. Form into small balls; roll sheet of pie crust or short biscuit dough quite thin. Place the balls in a row equal distance apart. Place another sheet of paste over all. Stamp out with round cutter or cut them apart and press upper and lower crusts together. Bake in a moderate oven. Brown in deep, hot fat frying medium.

LAMB PIES

Make one and one-half pounds of paste, divide into eight pieces, each of which roll out as thin as possible. Partially boil four or five onions; then drain and chop them very fine. Chop a small quantity of mushrooms, and put them together with the onions and a lump of butter into a frying pan and fry until brown. Mince finely a piece of lamb, fry it in butter for a few minutes and add it to the above. Place four of the flats of paste over each other moistening between them with one spoonful of warmed butter, then put the mince mixture over in small quantities, a short distance from each other. Moisten the paste round the mincemeat, then cover with the remaining pieces of paste; press over each lot of mincemeat with a teacup, and cut round. Butter a baking tin, lay the pieces on it; baste them with warmed butter and bake in a moderate oven.

LAMB PATTIES

Line some buttered patty pans with thin paste, fill them up with flour or rice, place in a moderate oven and bake. Remove when done, take out the flour or rice, turn them out of the pans and fill with minced cooked lean lamb; moisten with a little gravy, warm them up in the oven, and when hot place a napkin on a dish, lay them on it, and serve with a garnish of parsley.

IRISH STEW

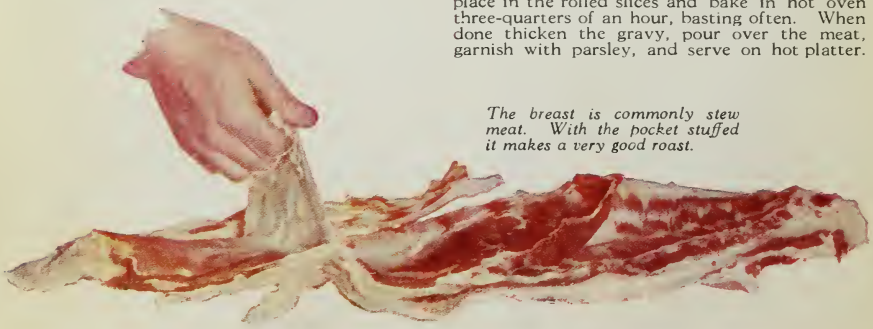
Two and a half pounds of lamb, eight potatoes, four turnips, four small onions, nearly a quart of water. Place the meat, cut in the proper way in a stewpan in alternate layers of sliced potatoes and chops, add turnips and onions cut into pieces, pour in nearly a quart of cold water; cover stewpan closely, let it stew gently till vegetables are ready to mash and the greater part of the gravy is absorbed, then place in a dish and serve it hot.

LAMB a la VENISON

Take a leg of lamb, make deep slits in the meat, into which insert strips of salt pork that have previously been rolled in pepper and cloves; bake two hours, or according to the size of the roast, basting frequently. Take from the oven, and about an hour before serving, spread currant jelly over it, return to the oven and let it brown.

LAMBETTES

Cut slices one inch thick from leg of lamb. On each slice lay a spoonful of stuffing made with bread crumbs, beaten egg, butter, salt, pepper, sage, and summer savory. Roll up slices and pin with little skewers to keep in the stuffing. Put a little butter and water in baking pan, place in the rolled slices and bake in hot oven three-quarters of an hour, basting often. When done thicken the gravy, pour over the meat, garnish with parsley, and serve on hot platter.



The breast is commonly stew meat. With the pocket stuffed it makes a very good roast.

PRESSED LAMB

The meat, either shoulder or leg, should be put to boil in the morning with water just enough to cover it; when tender season with salt and pepper, then keep it over the fire until very tender and the juice nearly boiled out. Remove it from the fire and place in a wooden chopping bowl; season more, if necessary, chop it up like hash. Place it in a breadpan, press out all the juice, and put it in a cool place to harden. The pressing is generally done by placing a dish over the meat and putting a flat iron upon that. It is also good, cut up cold in thin slices and the broth left from the meat would make a nice soup served with it, adding vegetables and spices.

SPICED SHOULDER OF LAMB

Bone a shoulder of lamb, and rub it well with a mixture of 2 ounces of sugar, one teaspoonful each of ground mace and pepper, and one salt spoonful of powdered cloves. Let it remain in the pickle all day; then roll it up, tie with a string, place in a stewpan with some good stock and cook slowly till done. Lay it on a dish and add a little piquante sauce to the broth and serve.

CURRIED LAMB KIDNEYS

Pour one wineglassful of rich gravy or brown sauce into a saucepan with one tablespoonful of butter well kneaded with curry powder. Boil until it is fairly thick. Meanwhile, cut two or three onions in rings, fry them over a moderate fire to color slightly, sprinkle over a little salt and drain them. Put a dozen lamb kidneys, skinned and minced very finely, in a frying pan with a little butter and fry them until done. Place them on a strainer to remove all the fat, arrange on a dish, pour the sauce over them and decorate with the rings of fried onions and potato croquettes.

HASHED LAMB

Chop an onion and put it into a stewpan with a lump of butter and fry till nicely browned; then mix in a heaped tablespoonful of flour and stir in about one-half pint of clear stock, a tablespoonful of vinegar, salt and pepper to taste, and a small quantity of mixed spices. Stir the sauce over the fire until it boils, then strain it through a gravy strainer and leave until cold. Cut the cold lamb into thin slices, trim off the skin, and most of the fat, put it into a stewpan with a few slices of pickled gherkins, pour in the sauce and heat gradually over a slow fire. When ready turn the hash on to a hot dish, garnish it with slices of toast and serve with mashed potatoes.

BROILED LAMB CUTLETS

Trim the cutlets to a nice shape and roll them in butter that has been slightly warmed, sprinkle lightly with salt and pepper on both sides, place them on a gridiron and broil over a clear fire, turning them when done on one side. When broiled arrange them in a circle on a hot dish, pour some thick tomato sauce in the center and serve.

FRIED FILLETS OF LAMB

Cut two pounds of cutlets from the loin of lamb, remove the fat and skin and cut into slices about one-half inch thick; flatten them with a cutlet bat and dip them into beaten egg, and then into sifted bread crumbs. Sprinkle lightly with pepper and salt and let them remain for about one hour. Put some butter in a frying-pan, and when it is hot put in the fillets and fry on both sides until they are quite done and of a nice brown color. Place them on a dish, garnish with asparagus and serve.

FRIED CRUMBLED LAMB

If thin pieces of lamb, either raw or cooked, are dipped in flour, then in egg, and then in crumbs and fried in deep fat, they lose less moisture than if broiled or pan broiled. This method is especially suitable for rib chops, thin loin chops, or small pieces cut from rare cooked meat. Thick chops would hardly be cooked through by this process.

BALLOTIN OF LAMB

Bone a shoulder of lamb, leaving the end for a handle. Sew it up with a needle, tie it firmly and boil for five minutes, take out and cool, then lard it. Put a slice of bacon in a saucepan with one tablespoon minced onion and one of carrot, brown the lamb with these for five minutes, add a pint of white broth and cook for one hour. The sauce should reduce one-half. Thicken slightly and pour it over one pint boiled green peas and place the shoulder of lamb upon them.

SOUP

4 pounds meat from the neck.
3 quarts cold water.
3 carrots, 2 turnips.
1 stalk celery.
2 tablespoons salt.
Few sprigs parsley.
1 medium sized onion.
6 cloves, 1 sprig thyme.
1 sprig marjoram.

Wipe the meat carefully, cut into small pieces, and cover with the water. Bring very slowly to the boiling point and skim. Add the vegetables cut into small pieces and other seasoning, and cook slowly for three hours. Strain, cool, and remove fat. Serve either clear, with rice, or with vegetables finely chopped

SCRAMBLED LAMB

Take three cupfuls of cold lamb chopped fine, three tablespoons of hot water, and piece of butter size of an egg; place on stove, and when hot, break in three eggs, and constantly stir until the eggs begin to stiffen. Salt and pepper to taste, and serve hot.

SCALLOPED LAMB

Place layer of bread crumbs over bottom of earthen baking-dish, and over this alternate layers of cold roast lamb cut in thin slices, together with ripe tomatoes peeled and sliced; season each layer with salt, pepper and bits of butter. Top layer should be of tomatoes, spread over with bread crumbs. Bake three-quarters of an hour and serve at once.

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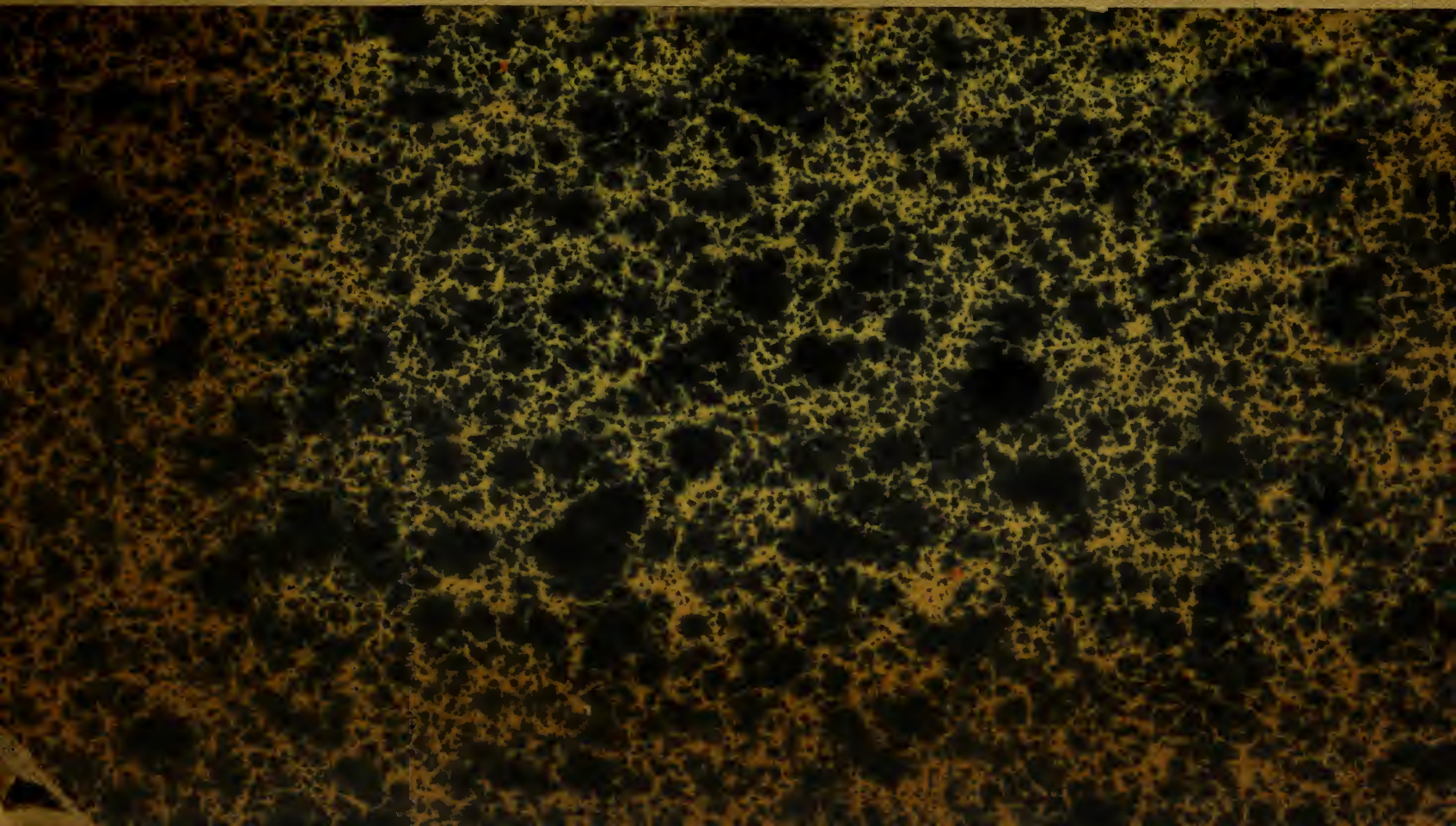
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